

Pasta e Ceci (Pasta & Chickpeas)

Serves 8



Ingredients:

- 2 Tbsp olive oil
- 1 medium onion, diced small
- 3 stalks celery, diced small
- 3 cloves garlic, minced
- 1 tsp dried rosemary (or fresh, minced)
- 3 Tbsp tomato paste
- 32oz broth (vegetable or chicken)
- 32oz water, more as needed
- 2 – 15.5oz cans chickpeas, drained and rinsed
- 16oz package ditalini, elbow, or other small pasta shape
- Salt and pepper
- Fresh parsley or basil, for garnish

Instructions:

1. Heat a large pot or saucepan on medium low and add olive oil. Add onion, celery, garlic, and rosemary to the pan. Cook as gently as possible, with the lid on, for 10-15 minutes or until the vegetables are soft and aromatic.
2. Stir in tomato paste and cook for 3-4 minutes.
3. Add drained and rinsed chickpeas to the skillet with the broth and half of the water. Bring to a simmer.
4. Using a slotted spoon or a spoon and a strainer, remove about half of the chickpeas from the pot and put aside in a bowl.
5. Puree the remaining mixture in the pot using an immersion blender. You can also use a blender or food processor and return the mixture to the pot.
6. Add the reserved whole chickpeas and the pasta to the blended mixture. Season with salt and pepper to taste.
7. Simmer gently until the chickpeas are tender and the pasta is cooked through. Add more water if the mixture is too thick.
8. Taste again and season if needed. Serve hot, drizzled with olive oil and sprinkled with freshly torn basil or parsley. Enjoy!